

Navajo Area Health Promotion Philosophy

EAST

Include Diné tradition into every dimension of ensuring families have a healthy start. Where:

- Facilitate opportunities for elders to enrich and sustain the beauty of Diné heritage. Where
- Families share and celebrate strengths and values
- Communities recognize the gifts of each member
- Organizations and policies support a healthy start for all families

NORTH

Facilitate opportunities for elders to enrich and sustain the beauty of Diné heritage. Where

- Families respect and receive gifts of knowledge and wisdom of our elders
- Communities are responsible for the capacity and leadership to sustain their own wellness
- Organizations support and respect and environment of healthy living
- Policies support local capacity for wellness
- Together we celebrate and honor the gifts and learning of our experience



SOUTH

Provide each child the skills and knowledge to lead a healthy lifestyle. Where:

- **Program and activities promote family health**
- **Communities and schools partner to increase successful wellness programs and activities**
- **Organizations implement effective environmental change and educational strategies to promote positive behavior among youth**
- **Policies are developed and sustained to support and reinforce healthy youth**

WEST

Empower individuals to live in balance, harmony and beauty. Where:

- Communities are safe and active
- Relationships between organizations are clear and focused towards wellness
- Strong, resilient families are living with respect
- Policies are developed and sustained to support family wellness



Navajo Coordinated School Health



Marie Nelson, Navajo Area HPDP Coordinator

Darlene Begay, School Health Education Coordinator

Coordinated School Health (CSH)



Is an evidence-based, best practice model promoted by Center of Disease Control that leads to healthy behaviors among youth.

Research suggested that schools offering the components of CSH model can demonstrate both improved student health and better academic performance.

“(Pioneers and researchers say that “CSH could be one of the most efficient means available in the world that could improve the well-being of it’s people (Kolbe, Kickbush, Draijer, Dick, Isaksson, O’Byrne, & Jones 1994).”



Emotional Mental
Wellness

Employee Wellness

Safe & Healthy
Environment

Health Services

Culture
Education Systems

Media

Tradition



Family, School &
Community
Partnership

Nutrition

Comprehensive
Health Education

Physical Activity

Business

Public Service

Community



Vision

An empowered education system that ensures academic success and healthy lifestyles of students to develop productive citizens of the Navajo Nation.

Our Mission

Navajo Coordinated School Health will facilitate and promote the "Corn Plant concepts, through collaborate with local resources, positive role-modeling, development of positive life skills, administrative support & policy implementation and increase cultural awareness.



Why Schools?



Schools are a safe and supportive learning environment that provides opportunities for students & staff to practice healthy behaviors.

Commitment and cooperation between the community, home and school.

Support and reinforcement of healthy behaviors which will become lifelong health habits.



Process of Navajo Coordinated School Health:

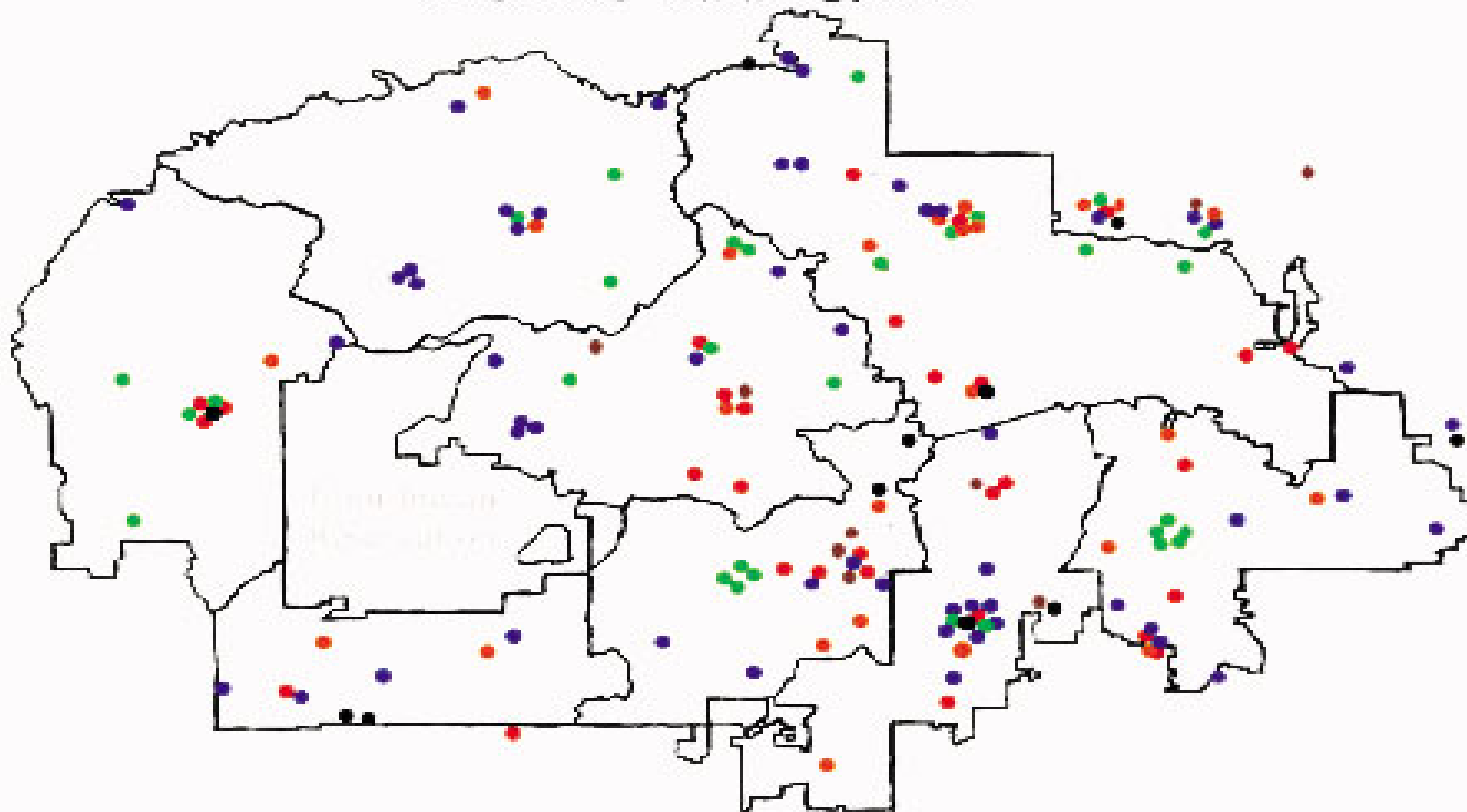
- Submits proposals describing their coordinated school health plan.
- Sets measurable goals & objectives within each component area which are monitored & evaluated.
- Receives direct funding, policy development, program support & technical assistance to implement their CSH plan.
- Participates in research-based curriculums training for Health Education and PE curriculum.
- Obtains equipment and supplies to support school health programs & activities.





Navajo Coordinated School Health

Navajo Comprehensive School Health Initiative, '98-'03
1998-2008 "Online" Schools



138 Participating Schools

46,509 students, 6,126 school staff

138+ School Wellness Coordinators with 138 School Wellness Advisory Teams

30+ Service Unit School Health Team members



Navajo Nation Wide Special Projects



Positive Connections Campaign: One of the Four Directions that focus on youth wellness activities.

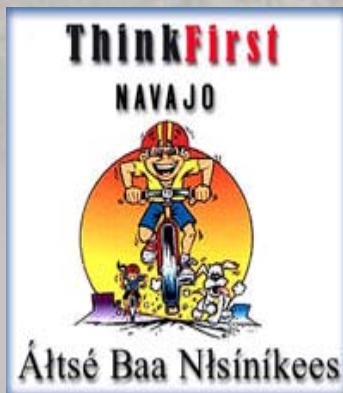
*TV Free Week * Little Buddy/Big Buddy

* Earth Day - Honor the Youth Tour

*Project Graduation and Prom*STAR (Staff To Admire & Respect) Appreciation*Kick Butts Day*No Name Calling Week



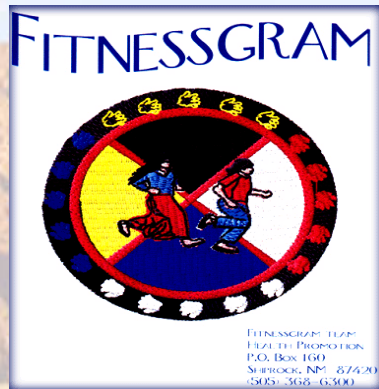
School Health Summit: Our annual conferences that target schools, organizations, and communities to network and create partnership.



Think First Navajo- Curriculum and Voices for Injury Prevention (VIP) speakers focusing on injury prevention initiatives with youth and communities



Data Sources for Evaluation



Fitness Level Testing

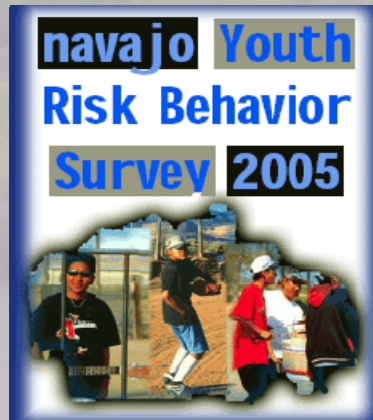
Navajo Youth Risk Behavior Survey

School Reports

SOFIT (Systems for Observing Fitness Instruction Time)

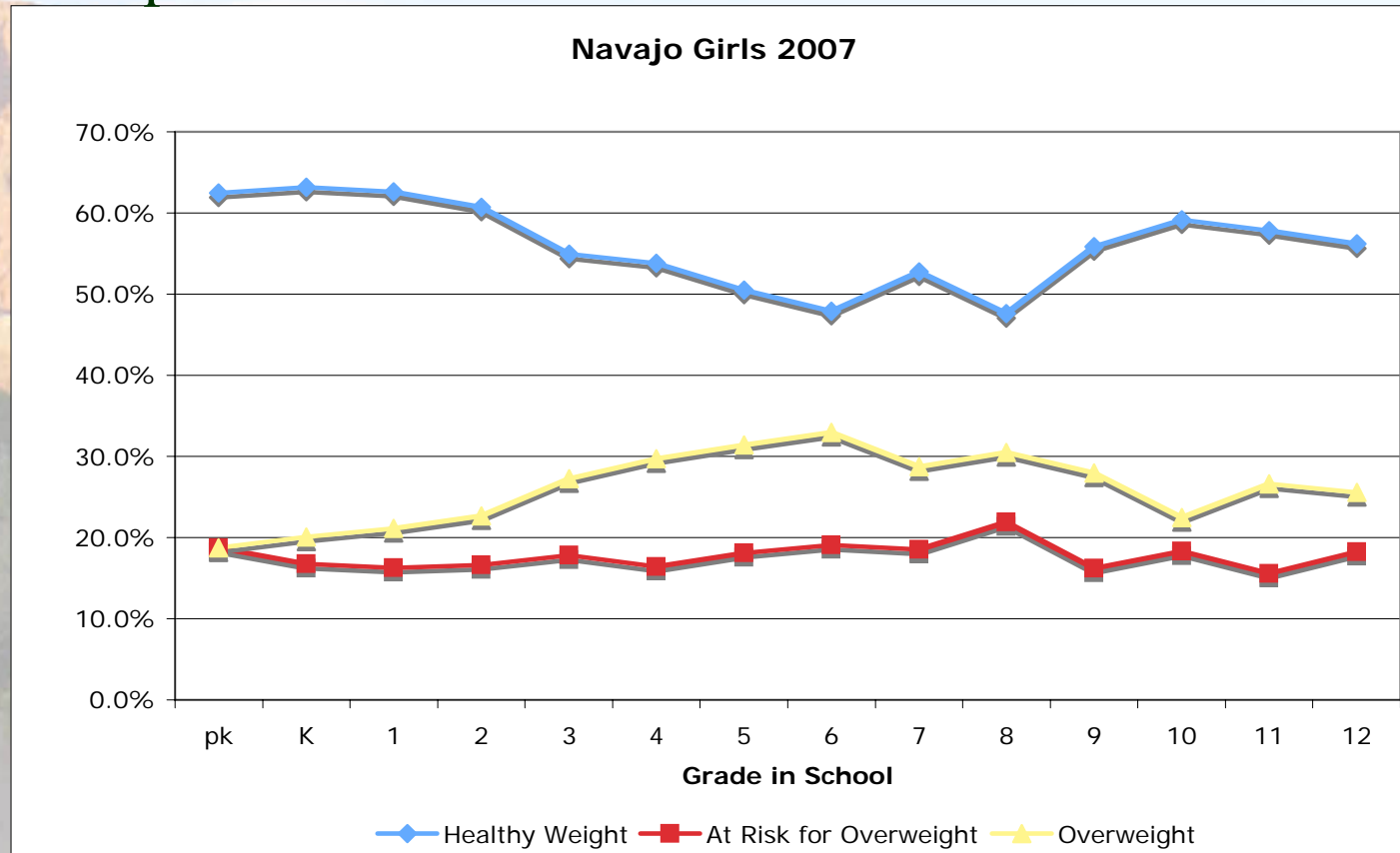
WTHN (Walking Together for Healthier Nations)

School Health Component Sheets



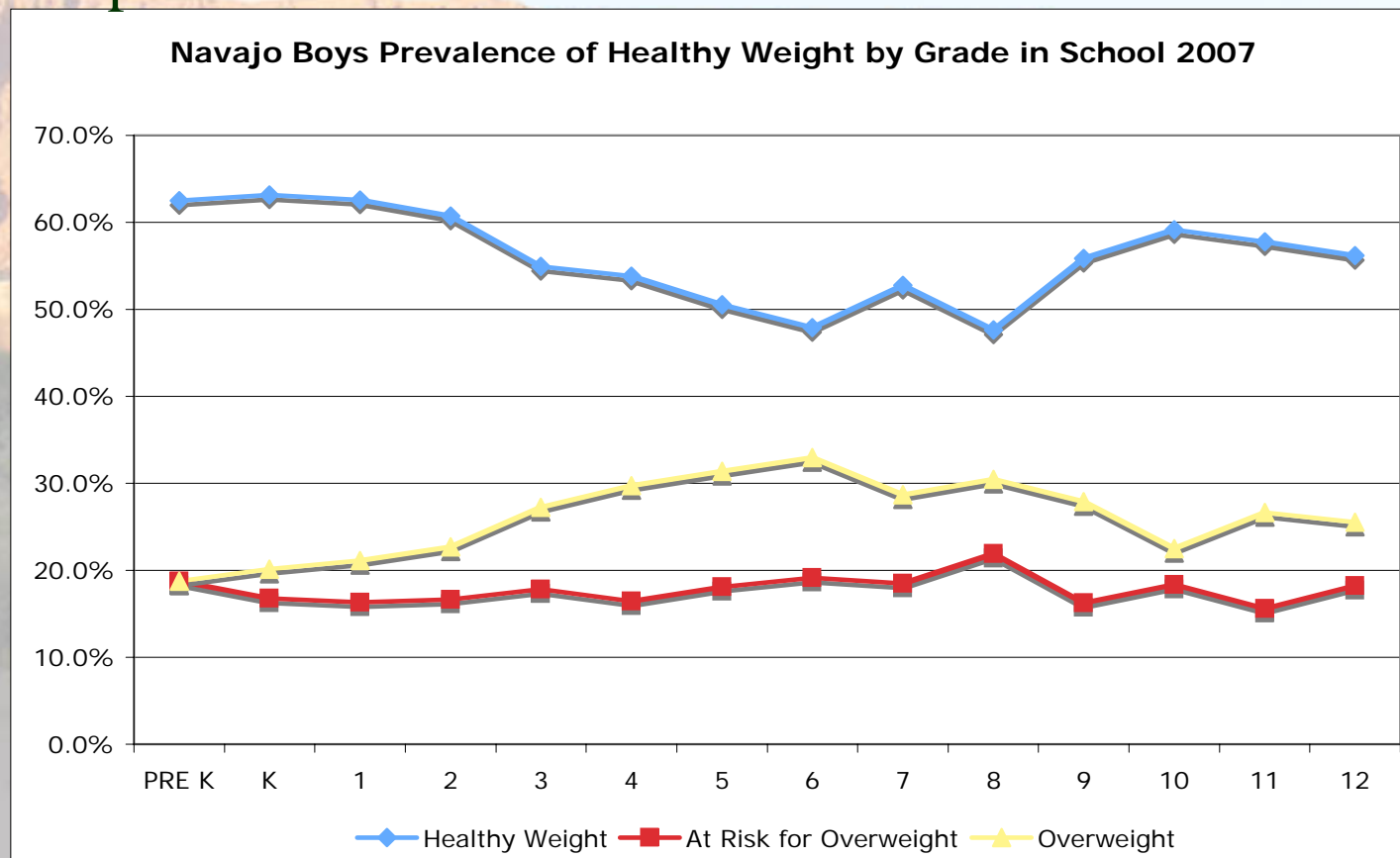
Navajo Girls in Weight Category for BMI (2007)

Percent per Grade



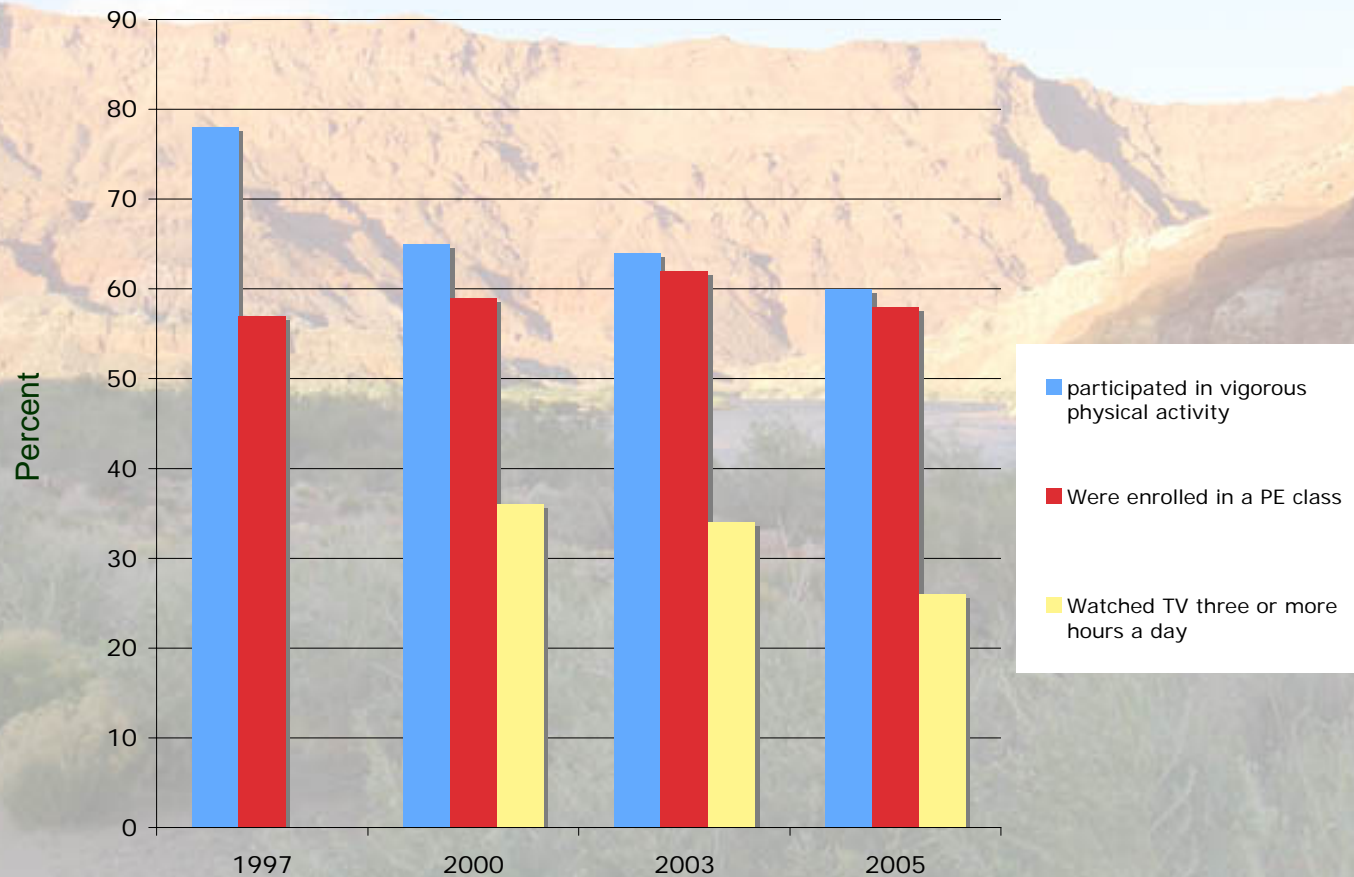
Navajo Boys in Weight Category for BMI (2007)

Percent per Grade



Navajo YRBS Physical Activity Chart

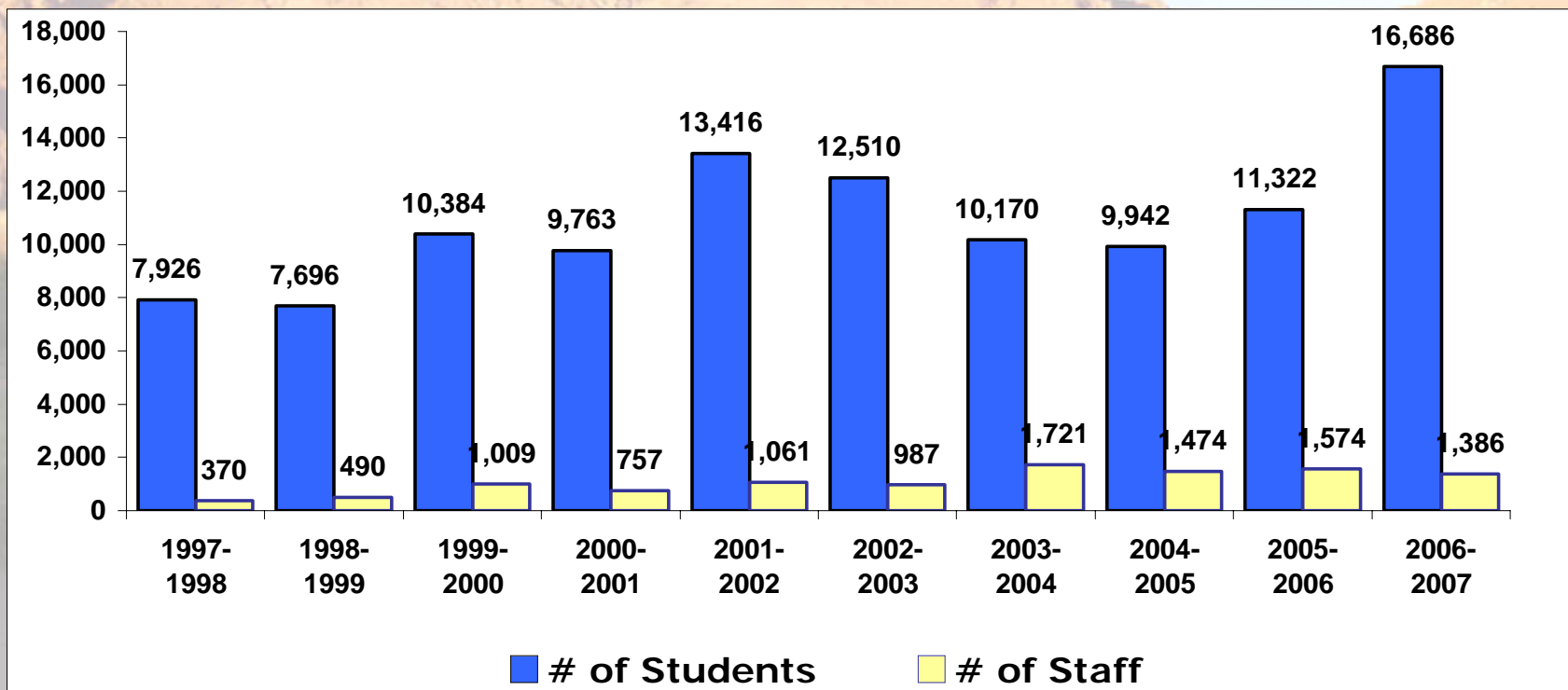
Percent per Year



Walking Together for Healthier Nations (WTHN)

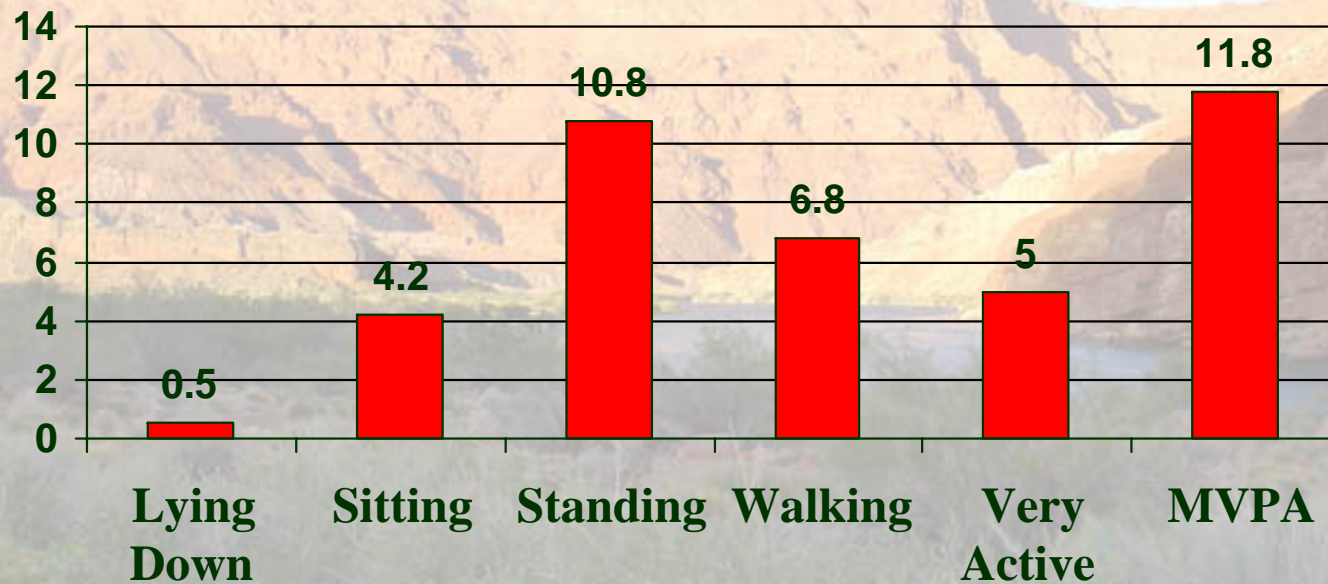
School based walking program (1997-2007)

Walkers per Year



Physical Activity Minutes during PE Lessons (1998-2004)

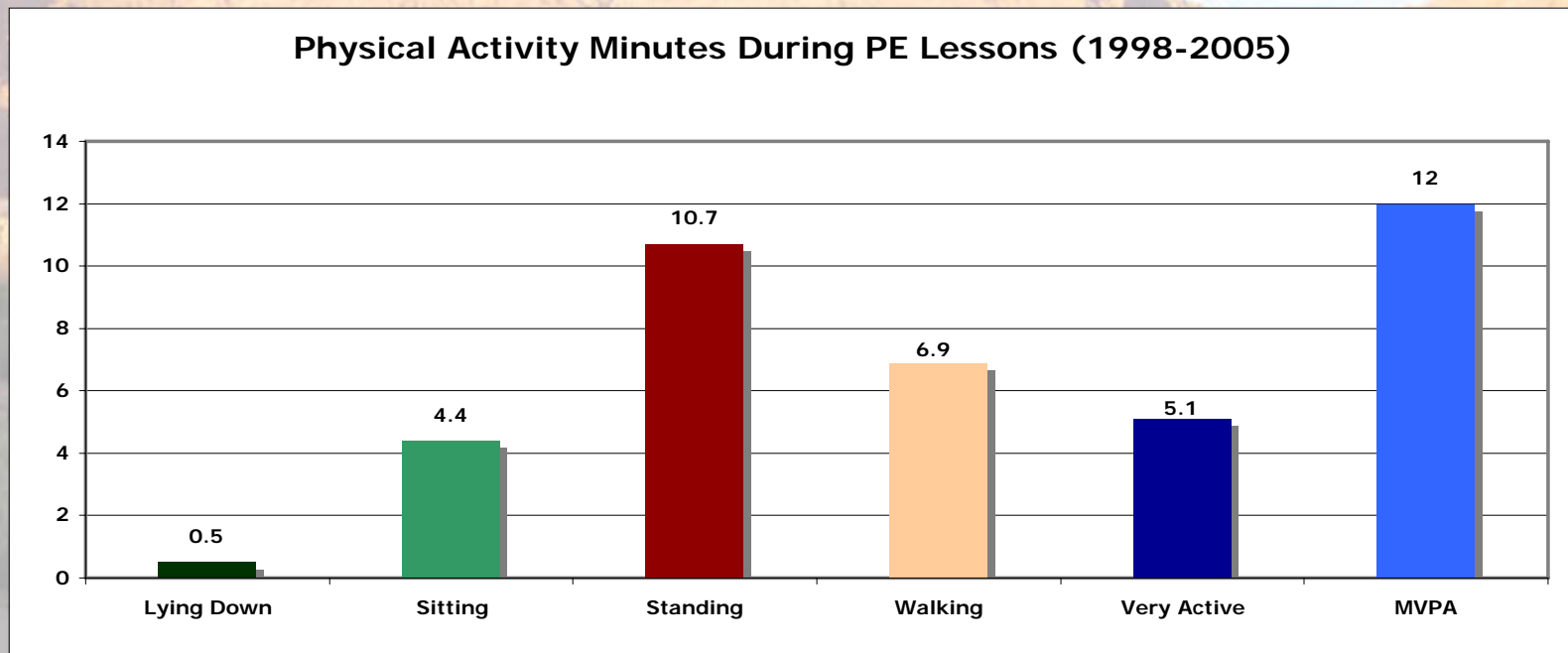
Minutes per Lesson



MVPA (last column) = sum of Walking + Very Active
N= 999 PE lessons; 80 Navajo Nation schools

Physical Activity Minutes during PE Lessons (1998-2004)

Minutes per Activity



Physical Activity efforts using RBA

How much did we do?

193 schools participated in SPARK

72 SPARK trainings held

28,550 participated in fitness level testing
average in 2007

How well did we do it?

50% participated more than 1 SPARK
trainings

22% of SPARK trainees are PE teachers,
78% represent other disciplines

Is anyone better off?

114 schools received equipment

6,020,216 miles logged for WTHN

671 school staff and community members
certified as SPARK instructors

91% were certified in SPARK

☆46% of students engaged in MVPA

60% of students reported being active 3
out of 7 days in middle school

30% of HS students reported having daily
PE

In Conclusion



Through this approach, young adults will graduate healthy, but more significantly, have the essential skills vital to maintaining themselves at the most healthiest level.

Ha'goone